



## Layered Dulce de Leche Dessert

READY IN



260 min.

SERVINGS



20

CALORIES



131 kcal

DESSERT

### Ingredients

- 0.3 cup caramel ice cream topping
- 6.6 oz jell-o chocolate flavor pudding white instant
- 1.3 cups milk cold
- 40 vanilla wafers divided
- 8 oz cool whip whipped topping thawed

### Equipment

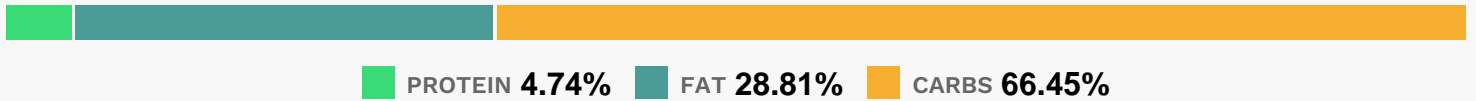
- bowl
- frying pan

- whisk
- loaf pan
- aluminum foil

## Directions

- Line 9x5-inch loaf pan with foil, with ends of foil extending over sides. Chop 4 wafers; set aside. Arrange 12 of the remaining wafers on bottom of prepared pan.
- Beat pudding mixes and milk in large bowl with whisk 2 min. (Pudding will be thick.) Stir in COOL WHIP.
- Spread 1/3 of the pudding mixture over wafers in pan; top with 12 of the remaining wafers and 2 Tbsp. caramel topping; repeat layers. Cover with remaining pudding mixture.
- Sprinkle with chopped wafers; press gently into pudding mixture.
- Freeze 4 hours or until firm. Use foil handles to lift dessert from pan; remove foil.
- Place dessert on plate.
- Let stand 15 min. to soften slightly before serving.

## Nutrition Facts



## Properties

Glycemic Index:5.75, Glycemic Load:6.9, Inflammation Score:-1, Nutrition Score:1.6143478279852%

## Nutrients (% of daily need)

Calories: 131.46kcal (6.57%), Fat: 4.24g (6.52%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 21.99g (7.33%), Net Carbohydrates: 21.49g (7.81%), Sugar: 15.16g (16.85%), Cholesterol: 2.18mg (0.73%), Sodium: 205.52mg (8.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Vitamin B1: 0.06mg (4.14%), Vitamin B2: 0.06mg (3.76%), Phosphorus: 36.67mg (3.67%), Calcium: 29.32mg (2.93%), Folate: 11.24µg (2.81%), Fiber: 0.5g (2.02%), Potassium: 68.35mg (1.95%), Vitamin B12: 0.11µg (1.84%), Manganese: 0.04mg (1.82%), Vitamin B3: 0.36mg (1.81%), Magnesium: 6.97mg (1.74%), Copper: 0.03mg (1.72%), Selenium: 0.83µg (1.19%), Vitamin D: 0.17µg (1.12%)